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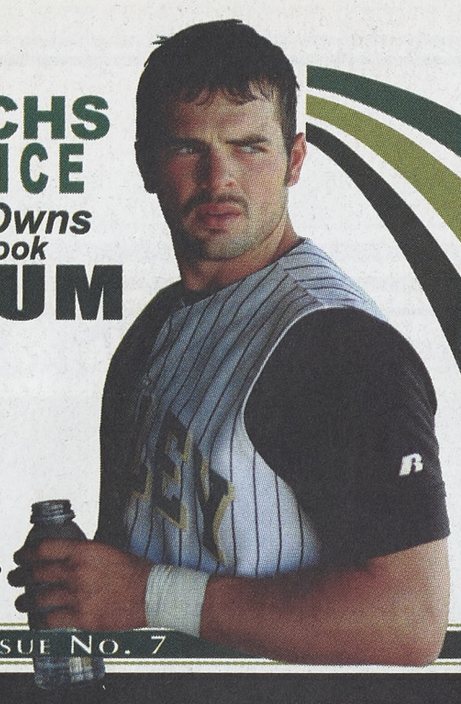
MONARCHS FALL TWICE
Bakersfield Owns Valley at New Look
STADIUM



So long season, Monarchs go down to Renegades, 8-5

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LOS ANGELES VALLEY COLLEGE'S
VALLEY STAR
THE INDEPENDENT STUDENT NEWSPAPER

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Students dismayed at lack of calorie controlled options

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VOLUME 70, ISSUE NO. 7 | LAVALLEYSTAR.COM | APRIL 29, 2009

IMAGES ON VINYL

SCOTT MITCHELL, PHOTO EDITOR / VALLEY STAR

"Seen But Not Heard" is being presented by the LAVC Arts Council in the Art Gallery through May 14. The exhibit features oil paintings by artist Margarete Hahner. Vinyl records were used to create the series which include depictions of animals, human figures, and color systems.

2009-2010 ASU Officials Elected

■ **Students elect new ASU officials in near record voter turnout, Arthur Minasyan voted new president.**

ROBERT R. KING
STAFF WRITER

Valley College students turned out in near record numbers last week to elect ASU Vice President Arthur Minasyan to succeed current president Josh Wible for the 2009-2010 school year.

Minasyan received 56.7 percent of the vote, with his running mate Ian Coyne earning 62.2 percent to be elected vice president. ASU records show this year's turnout was the second highest in the past five elections. Last week 633 students voted last week compared to only 407 last year and 700 in 2007.

"I am very thankful for the opportunity to represent (the students)," said Minasyan. "I want to say 'thank you' to them, whether for or against us. We created enough buzz around campus and we had a lot of people come out."

Nine positions were voted for during the election on Wednesday and Thursday. Five candidates ran uncontested, including current Commissioner of Ethnic and Cultural Affairs Magi Metri, who ran for Commissioner of Public Relations, and Katrina Herrera, who will take over as Commissioner of Political Relations.

"(The turnout) shows student care about what goes on around them," said Coyne. "More student involvement can only lead to a healthier campus environment."

In the other contested races, Stephanie Woods defeated Angie Lombana for Commissioner of Athletics by 22 votes and Jessica Gallardo beat out Candice Yamaguchi for Commissioner of Campus and Environmental Affairs.

Although the election created an above-average turnout, some students were unaware of the candidates proposed policies.

"I didn't know anything about the candidates," said student Garbriella Forrester just after casting her ballot. "I picked based on the pictures around campus."

Presidential runner-up Clay Gallardo said he plans to work with the incoming board to make sure the people who voted for him are represented.

"I'm humbled by the people who showed up to support me," said Gallardo. "I want to stay involved (with the ASU) so I can try and work towards my goals for the students."

After the election, Minasyan outlined his agenda for next year, pointing to the election's turnout as motivation.

"Faced with the current economic situation, our main goal is to fund a lot more events on campus and create the ability to raise capital and return that back to the students," said Minasyan.

Sue Carleo, Permanent President of Valley

SARAH KNOWLES
NEWS EDITOR

Sue Carleo was welcomed to the campus permanently last week, after the Los Angeles Community College District Board of Trustees approved her as the president of Valley College.

Carleo has served as acting president since June 2008 when she took over from Tyree Wieder, according to a Valley news release. In the release, Chancellor of the LACCD Mark Drummond, said he "could not wish for a more capable person."

Carleo has more than 20 years of service at Valley, as both vice president of academic affairs and department chair of family and consumer studies. She earned a doctorate in education from the University of California, Los Angeles and her master's of science and bachelor of arts degrees from San Diego State University.

"It is a great honor to be president of Valley College," said Carleo. "As we revitalize the college's facilities and expand and perfect our courses and programs we will continue to impact the lives of our students in profound ways."

Vice President of Administrative

see *Carleo* page 2

Career Week Advises On Next Steps

KLARA MILLER / VALLEY STAR

UNDECIDED - A CSUN representative speaks to a student Tuesday at the College and Majors Fair in Monarch Square. The Career/Transfer Center, ASU, and Academic Affairs sponsored the fair.

SCOTT MITCHELL, PHOTO EDITOR / VALLEY STAR

SO MANY CHOICES, SO LITTLE TIME - Students talk to representatives from the Career Transfer Center during Career Week. Multiple workshops were offered to students looking for a variety of career options.

■ **Students attend various workshops during Career Week to explore options.**

NATALIE KESHISHIAN
STAFF WRITER

The signs posted around campus directing students to Monarch Square during Career Week were much like arrows guiding willing participants to their next stage in life. Between April 20-23, students followed the arrows and attended a number of workshops designed to aid in future career choices.

"I came to the career fair because I'm getting ready to transfer to a university and would like to learn about what choices I have and which schools offer my major" said Azi Grishikian, an accounting major at Valley College.

Representatives from the University of California Los Angeles, California State University Northridge and Woodbury University were a handful of schools who were on campus to speak with students about transfering, major options and guidance.

Throughout the week, various workshops took place, such as resume writing and interview skills, deciding on a college and major, and careers in environmental science, which were designed to aid students in the next steps to a successful career.

Following Earth Day on April 24, careers in Environmental Science was the topic of the day's workshop. Speakers, including O'Mari Lockhart and Terri Richardson from CSUN's Science and Math Services and Sigrid Rian of the UCLA Biology department were on hand to give advice and aid.

A classroom full of students and guest speakers discussed and

see *Career Week* page 2

Valley Names Replacement for Ferrero as Athletic Director

H. GORE
SPORTS EDITOR

Valley College moved forward by looking backwards Monday, as it announced that Diedra "Dee" Stark will become the school's next athletic director, effective immediately.

Stark replaces Chuck Ferrero, who served as AD for the past 19 years. However, this is not Stark's first time at the job; she headed the athletic department 18 years ago.

"I'm excited to work with all of the coaches and I plan on keeping the door open for communication," said Stark. "It's been nearly 20 years since I've done it [athletic director] so I have some learning to do."

A professor of physical education, Stark served as Valley's

see *Director* page 6

SCOTT MITCHELL, PHOTO EDITOR / VALLEY STAR

MADAM DIRECTOR - Dierdra "Dee" Stark looks forward to her transition into her position as the new Athletic Director. Stark begins July 1.

Denim Day Attempts Prevention and Awareness

■ **Sexual Assault Awareness Month is brought to the attention of Valley students during movie screening.**

SARAH KNOWLES
NEWS EDITOR

We all have a selection of denim in our wardrobe, however many of us are unaware of the significance of wearing jeans during the month of April.

Students participated in two free movie showings and an open discussion April 22, as the Valley College Health Advocacy Response Team celebrated Denim Day, part of April's Sexual Assault Awareness Month.

According to H.A.R.T leader Reed Walsh, the three segment DVD highlighted students with scenes, comments and questions on sexual abuse and assault. T-shirts, whistles and buttons were given away.

"The movie was LAVC's way of bringing awareness, education, and prevention. Each campus in LACCD did their own thing, regarding the issues of sexual assault, domestic violence and stalking," said Walsh, who is also a certified crisis intervention counselor.

Admissions staff and faculty dressed in denim and encouraged students to get involved.

"I wasn't aware of Sexual Assault Awareness Month," said business major Mekia Martin. "It's a good thing, it's good for the school to be aware that women can be sexually assaulted by students or even teachers. ...But it works either way, sexual assault goes for men and women too, that's how I look at it."

Denim Day is celebrated across Los Angeles and is now in it's 11th year, according to the official Web site. The site states that "an Italian Supreme Court decision overturned a rape conviction because the victim wore jeans, reasoning she must have helped her attacker remove them. People all over the world were outraged. Wearing jeans became an international symbol of protest against erroneous and destructive attitudes

see *Denim* page 2

'Career'

continued from page 1

answered questions regarding a future in Environmental Science. Richardson was quick to point out that students wanting to explore the area further would still have a few years at school.

"Many positions these days require a bachelors degree," said Richardson.

Some suggested majors included biological sciences, chemistry, geology, and animal science. Students were highly recommended to get started on related courses at Valley, including math, chemistry, physics, and biology.

"Take the required science classes at community college, therefore when you transfer to university you will work on your major rather than having to complete lower division courses," said Rian.

All of the speakers recommended students to intern, volunteer, and work jobs outside their major after graduating.

"After I graduated I was making copies for law offices," said Lockhart. "Be humble and take those jobs to support you until you work your way into your career field."

'Denim'

continued from page 1

about sexual assault."

Walsh advises that if you know someone that may have been affected by sexual assault, violence or stalking, visit Valley's Student Services, Health Services, Sheriff's Office, or the Valley Trauma Center off campus. For more information, see http://www.lavc.edu/sexualassaultpolicy/index.htm.

'Carleo'

continued from page 1

Services, Tom Jacobsmeyer believes that Carleo's prior experience will help the campus achieve all it is capable of.

"I think we are all happy about it," said Jacobsmeyer. "... Dr. Carleo was here previously as a vice president and now has been president for a year, and the college has actually performed pretty well over the last year, so that fact that she is able to continue on as president means we get a consistent leadership value from this kind of an appointment."

Vice President of Academic Affairs Sandy Mayo said that Carleo's elevation to permanent president will keep the school on the right track.

"The college has been working very hard to achieve its goals, and Sue is steering the ship in that direction," said Mayo. "I've learned a lot from watching Dr. Carleo...From watching her and listening to how she responds to people. This is somebody that is always professional."

Carleo remains positive about her future and committed to Valley's continuing improvements.

"As a teacher, administrator and lifelong learner, I know how important it is for Valley to create a vibrant and exciting educational setting that assures student success," she said. "I am committed to working with our faculty, staff, administrators and community partners, to assure that Valley meets and exceeds its commitment to this goal."

- Astrid Seipelt contributed to this story

This Week In Photos: *Scenes From The Campus*

SCOTT MITCHELL, PHOTO EDITOR / VALLEY STAR

FUTURE OLYMPIAN? - A young swimmer grabs the edge of the pool to catch his breath during class.

SCOTT MITCHELL / VALLEY STAR

FEELING THE HEAT- Relief pitcher, Joey Gerig, fights off the heat between innings at home against Glendale College.

GRETTEL CORTES / VALLEY STAR

ELECTION TIME - Valley students Lily Gogina and Vahagn Antonyan cast their votes in the ASU Election last week.

SCOTT MITCHELL / VALLEY STAR

PERMANENT - Sue Carleo, who was announced as Valley's president last week.

Corrections

- In "Measure J Discussed During Town Hall Meeting," last issue, Don Gauthier was incorrectly titled as a member of the EMP Committee. Also, Rebecca Stein was quoted in the story, but the quote belonged to Elena Andrews.

- In "Speech Team Makes Two in a Row," last issue, Duane Smith was mistakenly given the last name Miller.

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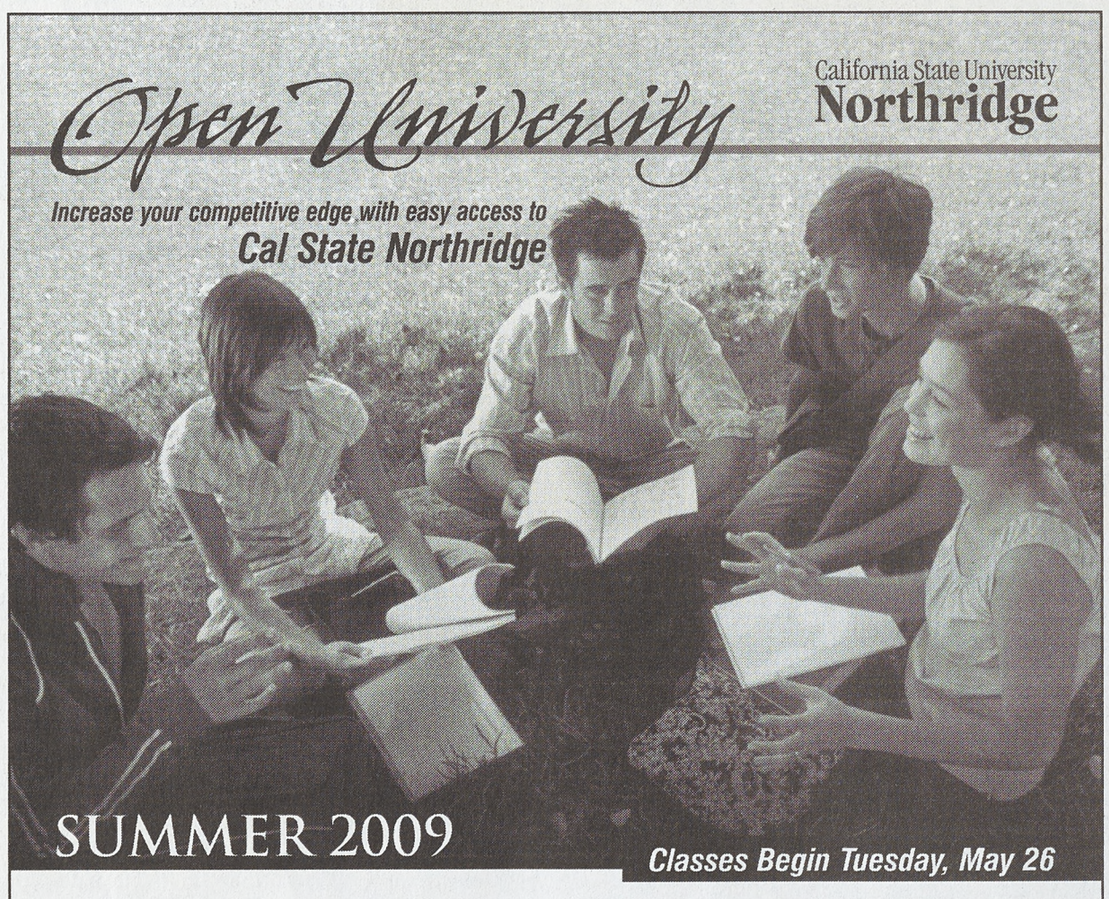

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Success is Yours If You Look The Part

EDUARDO HERRERA / VALLEY STAR

■ **Talent may help, but good looks guarantee the world is your oyster.**

ASTRID SEIPELT
MANAGING EDITOR

Think of your favorite celebrity. Think of what they look like. If you are anything like me, you immediately picture a youthful woman with sparkling white teeth, shiny hair and perfect skin, who is no bigger than a size six. If it's a man on your mind, they too have perfect teeth, the latest haircut, just the right amount of muscle and artful tattoos scattered across their body.

By nature we judge others by how they look rather than the talents they possess - something that was made starkly clear by Scottish singer Susan Boyle.

Boyle shot to fame after her audition for the reality show, "Britain's Got Talent." As she walked out on stage, the frizzy-haired matron, who is in dire need of an eyebrow wax, was laughed at and regarded with skepticism. Anyone who watched at home was most likely doing the same. The laughter eventually subsided, and the moment she sang "I Dreamed a Dream," all watching stuffed their harsh words in their mouths and relearned the lesson, 'don't judge a book by its cover.'

Society has taught us that achieve success, we must possess the complete package – if you are the wrong skin color, have the wrong accent, or just plain don't have good looks, you can kiss your dreams goodbye. However, if the opposite is true, but your I.Q. is the same as your clothes size, welcome to the success club, where everything is within your reach and your power will know no bounds.

The saddest thing is when children are affected by this same dogma. At the Opening Ceremony of the 2008 Olympic Games in Beijing, 9-year-old Lin Miaoke sang her cute heart out and was instantly called a star. Well, she 'sang,' if you mean she lip-synched to a prerecorded track by 7-year-old Yang Peiyi, who was deemed not cute enough for a global audience. The music director of the ceremony claimed the switch was needed because it was necessary to "put forth the perfect voice and the perfect look." Better start polishing that flawless image at a young age, kids.

We need to shift our focus from the shiny exterior of those around us to their internal worth. To assume that those we think do not fit our idea of beauty as talentless is a thinly veiled form of discrimination. After all, if you look at Albert Einstein, whose outward appearance screams crazy person, you would have no thought of the pure genius bubbling inside of him. Looks can only get you so far – it is brains that will get you even further.

Reality Not So Real After All

JASMINE JACKSON
STAFF WRITER

If it's hard to believe that "reality" television is real, it's because it's not. Many don't realize reality television shows are scripted time zappers with directors telling their casts what to do, adding nothing to our lives. Not only is "reality" television not real, but it's becoming repetitive and boring.

Instead of showing the truth of daily life, reality television shows scripted cat fights, fake romances and faux friendships. It is unbelievable that so many people waste their time on these types of shows.

"We look at reality TV, which is billed as unscripted, and we know it is scripted," said Daniel Petrie Jr, president of the Writers Guild of America-West, to the Washington Post.

VH1 reality show "Flavor of Love" has gone through three seasons in search of love for rapper Flavor Flav of Public Enemy. However, at the end of each season his quest for love fails and the show is ripe for another season. If you find it a little weird that a famous rapper can't find the right girl after going through so many, it's because VH1 stage events with the girl he picks, that way the station can make more money with more seasons of the same show.

MTV's "The Hills" was one of the first shows to come out and reveal that they really do staged scenes and manipulate situations. "I hate to say we schedule their lives, but we definitely schedule out what we want to cover," executive producer Adam DiVello told TV Guide.

Audrina Patridge, one of the stars of "The Hills" confirms this, saying, "We don't have a set schedule. It depends on what's going on," according to Realityblurred.com.

With reality shows it is hard to tell whether the show they film is real or fake. Speculation has abounded that American Idol has fixed finalists, meaning finalists are chosen based on what the viewers would like, not on actual votes. According to the NY Daily News, an American Idol staffer for this season told a "group of people that the last four are going to be Danny Gokey, Lil Rounds, Adam Lambert and Alexis Grace."

Asked if this was opinion or fact, the staffer vehemently retorted, "Those are the people," expressing that it wasn't mere speculation.

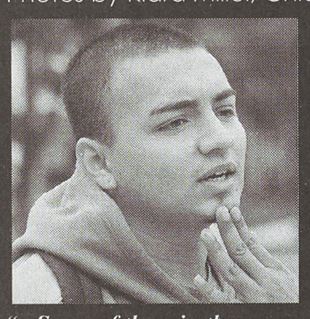
We need to get back to watching good old scripted television, where the actors can actually change the way you think, rather than supporting these talentless people who are just filling up time slots. The next time you decide to watch a reality show ask yourself if it is really worth your time and try reading a book with real substance instead.

EDUARDO HERRERA / VALLEY STAR

CAMPUS VIEW:

How do you feel about the cleanliness of the restrooms on campus?

Photos by Klara Miller, Chief Photographer / Valley Star



"...Some of them in these buildings here like Humanities are pretty good but some of them are kind of dirty."

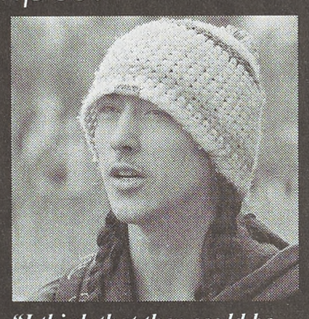
- Mark Geiger
history

"They're decent, I mean they're not dirty. I guess some of them are okay and some of them aren't."

- Cathleen Mari
fashion merchandise

"I do see some problems given the restroom facilities on campus such as putting paper towels in the toilet."

- Richard Zahn
undecided



"I think that they could be better but I think that they're really well kept for the most part."

- Sean Thorton
undecided

Bathroom Cleanliness is Going Down the Drain

■ **Bathrooms on campus display a disregard for personal hygiene.**

LAUREN LEES
ONLINE EDITOR

One step inside some of the bathrooms on campus, and I feel sorry for the maintenance and operations workers who have to clean up after the filthy mess left by my fellow-gendered peers. Campus bathrooms are not a place where you can make a mess with the expectation someone will clean up afterwards. What is worse? The guilty parties obviously don't care about the campus, or their own hygiene to not let their presence be known.

The bathroom is a sacred place where one goes to relieve themselves of the liquids and waste piled into our body. It's universal for everyone, and a place everyone visits multiple times on a daily basis. Understanding this, I'm baffled at the filthy conditions of Valley's bathrooms.

All the time I hear how the janitors need to clean up more often, but if everyone took the few seconds to actually insert the proper contents into the toilet, and then flush it, maybe there wouldn't be such a demand.

"They need to start cleaning up after themselves, us women. It makes us look disgusting."

- Sylvia Alboniga
sociology major

Seat covers have a specific purpose; they were invented specifically to cover public bathroom seats and not public bathroom floors. The same goes with toilet paper. It is meant to go down the toilet, not decorate it. And that big black round container sitting under the paper towel dispenser, it's a trash can. You throw your trash in it, not around it.

The fact that the women's bathroom in the Business Journalism Department posted signs on the walls with instructions on proper waste management is an insult for those who were toilet trained. One would think college students would know what to do, where to do it, and how, without the additional help, but take one visit to any random bathroom on campus, and you would be wrong.

Sociology major Sylvia Alboniga has had her share of dirty bathrooms on campus, and walks out when the conditions are too unruly. "They need to start cleaning up after themselves, us women. It makes us look disgusting."

The trash isn't the only tarnish made in those bathrooms. Graffiti is not cute, especially when it's you and your boyfriend's initials etched on the side of a bathroom stall. I understand you're in love, but I question the strength of a love permanently planted on a bathroom stall.

I can't point any fingers though. The one thing still sacred about campus bathrooms is the mystery of those who have come before. However, one day it would be nice to walk into a stall without stepping over dirty used paper towels, or like Alboniga, not having to walk out.

Letter To The Editor

■ **RE: "The Illegal Way Continues To Prosper"**

A couple weeks ago an article was featured in the Valley Star, which stated that undocumented students were getting a free ride while documented students struggle to pay for classes and other such costs. The truth of the matter is that no undocumented student is given a tuition waiver for their studies. The AB540 bill the author refers to is merely a document that allows undocumented students to pay in- state tuition granted that they have attended a California high school and graduated or gotten a GED. These students remain ineligible for state and federal financial aid and their immigration status is in no way adjusted by the bill. This means that undocumented students, like many documented students, must pay for their classes, books, parking passes, etc out of pocket. The idea that undocumented students are receiving a free college education at the expense of US citizens is an outright bogus and ignorant claim.

It is necessary to acknowledge that undocumented individuals do not merely take from the system. Undocumented students for example are pumping thousands of much needed dollars into the community college system because the AB540 waiver exists. If the waiver did exist not many students would not be able to afford the high cost of out- of state tuition and the state of California would loose those dollars. It is extremely difficult for undocumented people to "steal" from the US government. The vast majority of government services require the applicant to have some form of residency or citizenship. The few services that undocumented people do benefit from like public school and MediCal are often said to be made worse by undocumented persons, but what is overlooked is that those systems are grossly under funded and mismanaged regardless. Undocumented people may magnify the problem, but they are not the source of it.

We cannot expect solutions without the willingness to accept responsibility. Documented and undocumented alike must get past name calling and finger pointing to end the pattern of ignorance that dominates the debate over immigration.

-Dulce Medina

TELL US WHAT YOU THINK

Send letters to the editor to thevalleystar@yahoo.com. Letters must be limited to 300 words and can be edited for publication. A full name and contact information must be supplied in order to be printed. Letters must be received by Thursday to be included in the next edition.

LAVC EVENTS

April 30-May 2 and May 7-9
The LAVC Theater Arts Department will present a production entitled Alice in Wonderland at 8 p.m. in the Horseshoe Theatre. The play is a new adaptation of the Lewis Carroll classics, Alice in Wonderland and Through the Looking Glass, and is being directed by Theater Arts professor Chris Coddingham. Tickets are $15 for general admission, and $10 for student, seniors and kids. For more information, call (818) 947-2790.

Think Transfer!

Thursday, April 30
Careers in Law Workshop 1-2 p.m. FL 102
UC Riverside Rep 9 a.m.-2 p.m.
Undecided Major/Career Workshop 1-2 p.m.

Friday, May 1
Free bus trip to CSUN 9 a.m.-2 p.m.

Tuesday, May 5
CSU Northridge Rep 10 a.m.-5 p.m.
How to Transfer workshop 1-2 p.m.
Undecided Major/Career Workshop 5:30-6:30 p.m.

All activities in Career/ Transfer Center (Administration 126) unless otherwise indicated. Call the Career/Transfer Center for further information at (818) 947-2646.

ALBUM REVIEW

"Sounds of The Universe" Not for the Masses

SARAH KNOWLES
NEWS EDITOR

For 30 years, Depeche Mode have remained at the forefront of experimental popular music; the band remains stubbornly close to the new wave roots they had a huge hand in creating with new offering. Sadly, this becomes tedious and "Sounds of the Universe" may suit only a handful of die-hard fans.

Seven-minute opener "In Chains" sets the ground for a less heavily paced offering to the 2005 release, "Playing the Angel."

"Wrong," the album's first single, is a grower; the music video is one of the best in recent years and the song, although bleak and full of complaints like, "There's something wrong with me chemically/Something wrong with me inherently" is set well alongside the melody of the skillfully played electronics.

The album pleases through the next couple of tracks including "Fragile Tension" and "Little Soul," even though it does take a couple of tries to realize the genius within each. The songs are perfect packages, balancing strong words and an even stronger set of synthesized beats, making for the top moments in the CD.

The record becomes weak just after halfway through, with "Spacewalker" sounding a little too much retro video game-like, but the album gains pace again by the eleventh track "Miles Away/ The Truth Is." The lyrics are honest and deep, "I could be just like you/ withdrawn but alive" though they compliment the upbeat sounds of the drum machine.

Founding member and leader songwriter, Martin Gore, once again contributes most of the writing on the album, which is clear as the lyrics remain powerfully personal and strong. Along with the instantly recognizable lyrics is the beautifully strong and sultry baritone of lead vocalist David Gahan which Depeche Mode are synonymous with.

While delivering to the hardcore Depeche Mode fans, "Sounds" may fall short for the masses. Despite having no "Personal Jesus" in tow, "Universe" delivers an originally mellow taste to the classics that every true fan should hold in their collection.

MOVIE REVIEW

Tyson Bio Delivers Knockout Punch

JOSH SPENCE
STAFF WRITER

James Toback's stunning documentary "Tyson," is a thoughtful look at the former undisputed heavyweight champ, revealing that beneath the sound and fury of Tyson's roar is a man whose life has been dominated by fear and doubt.

To many, Mike Tyson is only known as the boxer who bit Evander Holyfield's ear off in the boxing ring and has a crazy tattoo on his face. Toback does a great job of giving a history lesson of how great Tyson was during his late 80s and early 90s prime. At the height of his career, Tyson resembled Zeus throwing thunderbolts in the form of uppercuts. The power and intensity of his punches still warrant cringes from the audience proving that they don't make boxers like they used to.

Conversely, Tyson is all about breaking the perception of his persona in the ring. Detailing all the training, science, and precision it takes in landing those vicious punches, Tyson elevates his technique to an art form opposed to that of a vicious brawler.

Through interview and clips, Toback goes over the length of Tyson's career, beginning at the Tryon School for Boys in Johnston, New York where boxing was a method to let out aggression. As Tyson begins to train with Cus D'Amato and climb up the amateur ranks, the audience begins to see the perception of "Iron Mike" unfold almost with "Raging Bull" flavor. Against the veneer of an invulnerable champion, Toback is successful in showing the inner workings of Tyson, as the former champ explains that much of his success is unfortunately due to him being bullied as a child.

Los Angeles Times
"GRIPPING AND ENTHRALLING."
Rolling Stone
"IT IS ELEMENTAL. ESSENTIAL VIEWING."
TIME
"A MOVIE THAT'S A CONTENDER. A POWERFUL VOICE THAT BRINGS PERSPECTIVE TO AN UNUSUAL LIFE STORY. 'TYSON' HAS ALL THAT."
The New York Times
"A SYMPATHETIC PORTRAIT. ONE OF THE THINGS I NOTICED WAS HOW HONEST AND OPEN THE MOVIE WAS."
EW
"NOTHING IS OFF-LIMITS HERE. JAMES TOBACK SIMPLY GIVES TYSON A SPACE TO TELL HIS OWN STORY IN HIS OWN WORDS. IT'S A RISKY PROPOSITION THAT PAYS OFF HANDSOMELY, THANKS IN NO SMALL MEASURE TO TYSON'S MESMERIZING CANDOR."
Entertainment
"TURBULENTLY CANDID AND HYPNOTIC."
TYSON
A JAMES TOBACK FILM
SONY PICTURES CLASSICS

Accolades, money, women and belts aside, much of Tyson's career has been an attempt to outspend, outrun and outpunch his demons that still haunt him today.

As Tyson begins to explain the gory details of his notoriety (rape charges, prison sentence, ear biting), there is a tone of calm in his voice in that he accepts the perception the public has of him but wants to explain his reasoning, not to change the media's view but as a point of closure for himself.

At the end of the film Tyson becomes a more sympathetic character by erasing many of the perceptions that precede him while turning himself into something the media has never called him: human.

Cafeteria Leaves Students Counting Calories

NATALIE KESHISHIAN
STAFF WRITER

After spending the morning sitting in class, midday arrives along with a growling stomach that resembles the call of a starving lion - hunger is calling. While the college cafeteria is a convenient place to eat, many students have voiced their opinion regarding the lack of healthy food options, as well as high prices.

KLARA MILLER, CHIEF PHOTOGRAPHER / VALLEY STAR
SERVING THE STUDENTS - Bertha Leon passes a customer a sandwich at the LAVC cafeteria.

"I have a little bit of time between two classes so by the time I finish my first class I'm starving," said Valley College student Stephanie Nygard. "I don't have much time to go off campus for food so I'm stuck usually eating a slice of pizza or ramen noodles, which isn't that great for you."

Food options at Valley's cafeteria include sandwiches, pizza, hamburgers and fries, as well as various snacks such as cookies, candy and potato chips.

A slice of cheese pizza like the ones available at the cafeteria can contain as much as 350 calories. Ramen noodles, a popular choice in the cafeteria, have up to 400 calories and 1160 milligrams of sodium; according to Nutrition Data Online. This is half the suggested daily intake of sodium for adults.

Sandwiches are available at the cafeteria's Cutting Board, but can be cost prohibitive, with each one running from $4 to $6. However, toppings such as mayonnaise can add 60 calories and five grams of fat, according to Web site, Calorie King. Students looking for cheaper lunch options often head down the street from campus to Ralph's market, who offer made-to-order sandwiches, as well as soda and chips, for $5.99.

Integrated Support Solutions Inc. is the vendor in charge of current food operations. Over the past few years, the cafeteria has had several vendors and suffered a loss of over $600,000, according to Robert Frank, vice president of contract operations. Frank stated in November 2008 that the operating loss could be attributed to food prices, which have gone up twice in the past year and a half.

Students stressed that they would be happier spending their money in the cafeteria if a wider selection of fresh food was available.

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Valley Stays Alive at L.A. Times Festival of Books

LAUREN LEES
ONLINE EDITOR

A perfect balance of bolstering sunlight shining down through a calming breeze met attendees of the Los Angeles Times Festival of Books this weekend. Thousands upon thousands tramped through UCLA, meeting authors such as Valley College alum Jacqueline "Jackie" Brown signing copies of her book "Dancing with the Devil."

Shaded underneath the Arthur House tent right beneath the Janss Steps at UCLA, Brown met curious passers-by and avid fans of her first novel, a self-published title through Author House and umbrella company IUniverse.

"It was pretty amazing because a lot of people brought their own copy of the book," said Brown. "That was really sweet. It is a story many people can identify with."

Arthur House had many self-published authors signing copies of their work for interested readers such as Alta Dena resident Tricia Ryan. A writer herself, Ryan came by the tent both days of the festival to catch up on new independent works.

"I'm always interested in trying a new author that maybe isn't as well known as some of the ones on the best sellers list, I think you miss a lot of great books," said Ryan. "I think the big book stores are sort of controlling what you can read, because sometimes they don't order someone like hers [Brown] book, so you don't get the opportunity to read it."

There was a noticeable shortage of vendors from previous years. Most notably missing were conglomerates Borders and Barnes & Noble. Hollywood's independent bookstore, Book Shop, which-merged with small time publishing house Hamilton Creative Publishing offered new titles, authors, and advice on how to get from pen to bookstore.

First time vendor Katrina Hamilton, an independent author and distributor of her book "The Golden Keyes: The Journey of Barrack Obama" through Hamilton Creative Publishing, valued the limited competition from major booksellers.

"I see a lot of freedom and that's one of the reasons why we are here," said Hamilton. "Just with change in general we think that it's time for change in the publishing arena and I think we will see a lot more independents come out."

More than books were offered. Readings, panels, discussions, and signings occurred throughout the two-day festival. Famous authors S.E. Hinton ('The Outsiders'), Kathrine Dunn ('Geek Love'), Cloris Leachman ('Cloris'), and Tori Spelling signed copies of their books.

Valley student Natasha Porcella has attended the past three festivals, learning more and more about the book festival every year.

"I just explore more every year, the first year I was working so I didn't look around, the second year I had no idea about the panels, I just knew about the discussions and the readings," she said. "This year I learned about the panels. Every year I explore a little bit more you know."

This year's panelists included Gore Vidal and Ray Bradbury, while journalist Arianna Huffington spoke on media and the advance of technology.

The younger generation of book readers delighted in special music acts, readings, and arts and crafts. The Target stage held popular children's music acts. And vendors such as Sherman Oaks own Storyopolis hosted famous authors and illustrators in the children and young adult genre.

Author and illustrator Chris Robertson signed copies of "Little Miss Liberty" for kids and adults.

"We see who are audience is immediately," said Robertson. "They come up, they pick up the book look at it, and you start talking to the person and there is an immediate connection. You meet your audience that way."

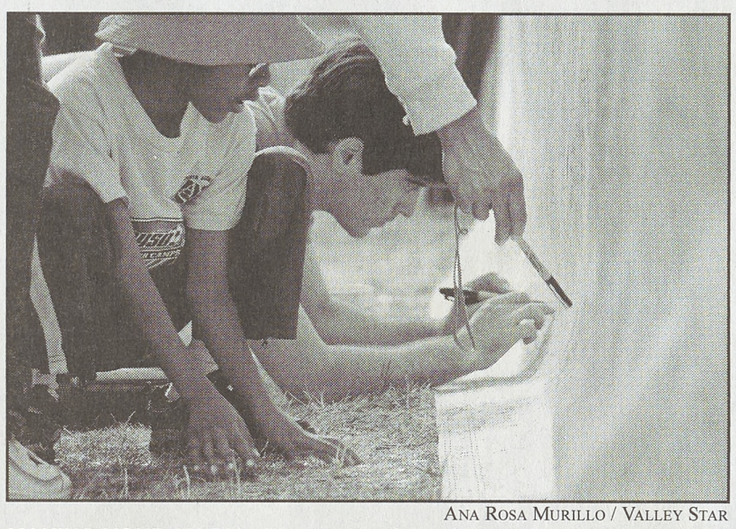
Held annually the last weekend of April, the LA Times Festival of Books celebrates the world of literature at its finest for those several thousands who appreciate it.

If you're anything like 11-year-old Victoria Ciraoello, who spent the day taking in all the books and events, then you have reason to look forward to next spring's blossom of books.

"I like to read and look at all the books," she said.

ANA ROSA MURILLO / VALLEY STAR

FAMILY MATTERS - A father reads to his children Sunday afternoon during the Los Angeles Times Festival of Books at UCLA.



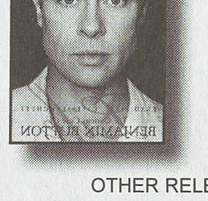
ANA ROSA MURILLO / VALLEY STAR

MAKING YOUR MARK - Thousands of people left their mark on the Los Angeles Times banner that doubled as a guest book for visitors at the two day festival.

UPCOMING RELEASES

CD

PICKS OF THE WEEK:



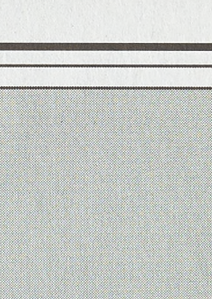
CONOR OBERST
OUTER SOUTH

OTHER RELEASES:

Ziggy Marley, *Family Time*
Ben Harper, *White Lies For Dark Times*
Ciara, *Fantasy Ride*

FILM

PICKS OF THE WEEK:



X-MEN ORIGINS: WOLVERINE

UPCOMING RELEASES:

Ghosts of Girlfriends Past
Home
Revanche

DVD

PICKS OF THE WEEK:

THE CURIOUS CASE OF BENJAMIN BUTTON

OTHER RELEASES:

Last Chance Harvey
Wendy and Lucy
Just Another Love Story

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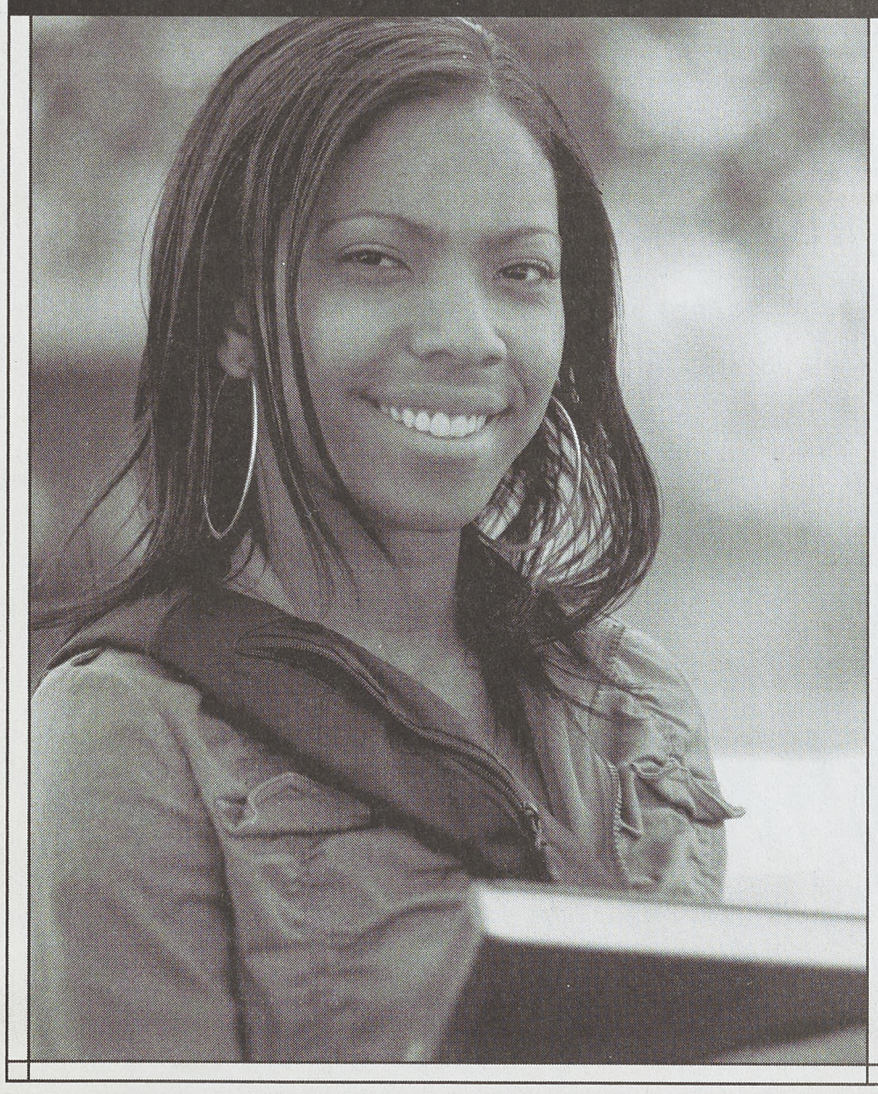

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NFL Draft 2009

■ **NFL Draft offers few surprises over two days of action.**

JOSH SPENCE
STAFF WRITER

So here I sit on my couch, chips and guacamole at the ready position, five minutes before the start of the NFL season for every football fanatic and I ask myself...

" Why am I here?"

It's not because my editor asked me to write this story. I got the day off work two weeks in advance for this High Holy Day called the NFL Draft. A day in which several kids' lives will change forever, for better or worse along with the trajectory of that team that can transition them from perpetual winner or annual loser. More importantly, will my San Diego Chargers get some defensive help on the line?

There was some drama left to be desired in this year's draft, seeing as the Detroit Lions had already signed Georgia quarterback Matthew Stafford to a multi-million, multi-year contract the night before. ESPN's coverage was outstanding, considering they practically had the signing on their Web site in real time as the "I's" were being dotted and the "T's" being crossed.

What makes the draft so exciting every year is not that you don't know what player is going where, but on the off chance there is some team that decides to go off the beaten path of what draft gurus Todd McShay or Mel Kiper, Jr declare as the right pick for them.

That thinking alone made the Cleveland Browns my favorite team of the draft this year. With the fifth pick, the experts declared the Browns needed a stalwart to help their sagging defense or a wide receiver because they have one in jail at the present. Instead they traded that pick for a considerably lower pick from the New York Jets so the Jets could get the draft pick of their dreams, USC quarterback Mark Sanchez.

Pick number 17 approached for the Browns but we didn't get a chance to see them unfold their master-plan because they traded their pick again, this time to the Tampa Bay Buccaneers so they could draft the umpteenth quarterback on their roster, Kansas State quarterback Josh Freeman.

"With the number 19 pick in the draft..." you guessed it, the Browns traded their pick to the Philadelphia Eagles so they could draft the wide receiver that Eagles quarterback Donovan McNabb needs that coincidentally the Browns could've also used.

Eventually the Browns quit the draft day bed hopping and settled down with a beefy center from California named Alex Mack.

Is this a match made in heaven? The experts didn't think so, but it's truly inconsequential. The experts changed their tune every time Cleveland traded and I'm thinking they can't know everything, otherwise they would've predicted the Browns trading three times. The experts also predicted Hall of Famers Joe Montana and John Elway would be busts, offensive linemen Tony Mandarich and Robert Gallery would be the greatest of all time, and one even asked, "Who is Tom Brady?"

So regardless of endless research, insider tips, hearsay and speculation, no one really knows what's going to happen.

I guess there is a reason to watch the draft.

Renegades Romp over Monarchs at new-look Stadium

■ **Bakersfield sweeps series against Valley.**

H. GORE
SPORTS EDITOR

The sky over Gerry Collis Field looked like it was draped in a Tar Heel blue Snuggie Saturday as Valley College battled Bakersfield on the baseball field below. The Renegades enjoyed a true home-field advantage for only the eighth time this season due to construction at their stadium, and took down the Monarchs 8-5.

Valley (10-30 overall, 7-20 in conference) hoped to avenge last Thursday's 13-4 loss to its Western State South Conference foe, but instead dropped its third consecutive game. Freshman pitcher Tony Goebel reflected on the loss.

"It's kinda weird because coming into the season you think that 'I'm just gonna ride the wave right into Valley College'," said Goebel. "'I'm just gonna bring what I had in high school, bring it on to Valley,' but it's been kind of a reality check to me and a lot of the guys on the team because it just isn't like that. We're doing the same things as players, and have the same work ethic but the competition is just better."

Trouble started for the Monarchs in the first inning when freshman pitcher Justin Rivas gave up five runs on six hits. Bakersfield outfielder Sam Westendorf hit a two-out, two-run double to highlight the Renegades' half of the first, but was thrown out trying to stretch for a triple.

Valley answered right back in the top of the second with five runs of their own after sending nine men to the plate. The runs were made possible by Head Coach Dave Mallas successfully arguing a call.

Valley outfielder Matt Johnson grounded to Bakersfield's Travis Morgan at third with runners on first and second and nobody out. Morgan tagged third and threw to first for an apparent double-play. Mallas then walked onto the field to plead his point to the umpire and by the time he returned to the third baseline the ump ruled catcher's interference. This gave Valley bases loaded and no outs.

"It's one of those things that I don't think he [the umpire] wanted to call it unless we challenged him on it but he got the call correct," said Mallas. "It was a key situation in that inning and it ended up getting five runs for us."

When play resumed the good fortune continued for the Monarchs. Valley used an RBI-single by freshman outfielder Sean McGrier, two passed balls by Bakersfield catcher Bryan Haney, a bases-loaded walk by pitcher Marcos Reyna, and a fielder's choice groundout by center fielder Alex Gaudioso to pull the score even at five.

Bakersfield head coach Tim Painton wasn't as concerned with the umpire's call as he was the play of his team in the second inning.

"That was really just a bad inning from a pitching-catching standpoint," said Painton. "The pitcher didn't shake the catcher off when he should have and the catcher didn't do a very good job defensively."

Bakersfield (11-27-1, 9-17) settled down after the second and held the Monarchs to the minimum three batters in innings five through eight. The Renegade offense picked up two runs in the bottom of the fifth and one in the bottom of the sixth for the eventual 8-5 final.

The loss leaves Valley in sole possession of last place in the conference. Although the season has been a disappointment, Mallas wants his team to continue to play hard in Thursday's season finale against Mission.

"Mission handed it to us the first time around so for pride we wanna come out and play hard against them," said Mallas. "A lot of our guys know a lot of their guys so they have a lot of pride at stake. I want them to continue to play hard and try to win."

SAMUEL OKSNER / VALLEY STAR

DOWN AND OUT - Valley College runner Alex Gast slides into third base during their 8-4 home loss to Glendale April 23. The Monarchs next play Mission College in the final season game.

OPINION

The Wind Tunnel Steinbrenner Built

JOE LAFLEUR
OPINION EDITOR

"If it ain't broke, don't fix it." These are words that New York Yankees owner George Steinbrenner should have listened to when he decided to tear down a cathedral and build possibly the most expensive wind tunnel in the world – the new, $1.5 billion Yankee Stadium.

The Yankees have begun their season in their new home with an over-emphasized THWACK. In the first five games played in New York, including two exhibition games against the Chicago Cubs, there have been a total of 25 home runs hit - an average of five home runs per game. If this current trend continues throughout the season there will be around 400 home runs hit in the park this year opposed to the 160 that were hit in the old Yankee Stadium last season.

So what's the explanation for this? According to an interpretive news release issued by Accuweather.com, "The angle of the seating in the new stadium could have an effect on wind speed across the field."

Although this sounds like a poor excuse for mediocre pitching, Accuweather meteorologists went on to explain that "The old Yankee Stadium had more stacked tiers and a large upper deck, acting like a solid wall in effect, which would cause the wind to swirl more and be less concentrated. The new Yankee Stadium's tiers are less stacked, making a less sharp slope from the top of the stadium to the field. This shape could enable winds to blow across the field with less restriction...Fly balls going into right field during a gusty west wind would be given more of a lift, thus carrying the ball further out to right field."

What does this mean for the Yankees? With a lineup that could consist of eight batters that can hit from the left side of the plate (four lefties and four switch hitters) and arguably the best right-handed opposite-field hitter in the game in Derek Jeter, the Yankees could be dangerous at home in terms of the long ball this season.

On the down side, if the Yankees $243-million pitching staff can't keep the ball on the ground and out of the air in right field, they may need to make the most important acquisition of the season – the best chiropractor money can buy. With all the home runs being hit there are going to be a lot of stiff necks and whiplash cases from pitchers and position players jerking their heads to watch another souvenir enter the seats.

'Director'

continued from page 1

director of women's athletics from 1976 to 1991, and as men's athletic director from 1979 to 1981. Her previous experience made the hire an easy decision for President Carleo.

"I'm absolutely delighted that Dee accepted the position," Carleo said. "She's a seasoned AD and instructor and she knows the school and program very well."

Stark will serve as athletic director for one year, and holds an option to remain in the position for a second year. Although the job begins immediately, Stark will perform her duties in a part-time capacity until July 1.

The athletic director position was recently offered to current Los Angeles Trade-Tech College AD Dimitri Lagos, but he turned down the job. Valley administration then decided to look within for the right candidate.

"Diedra's a fantastic person and she's going to do a great job," Ferrero said.

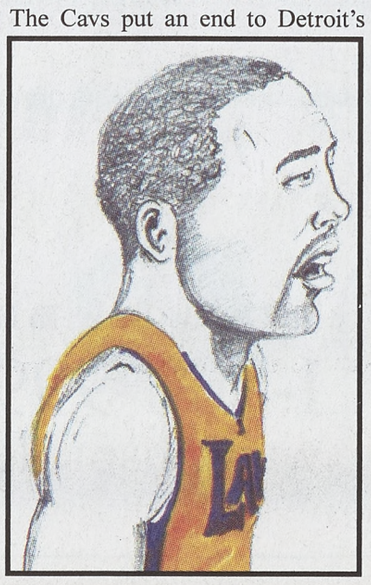
The hiring of Stark continues the athletic department's trip down memory lane. Jay Werner was brought back to coach women's basketball in February, and Jim Fenwick was named head football coach in March. In her return as athletic director, Stark hopes to build on the work done by Ferrero.

"Chuck runs an honest, great program," Stark said. "His training is going to be a great resource for me and it will help me keep the program running smoothly."

Lakers and Cavaliers remain on Championship Collision Course

H. GORE
SPORTS EDITOR

We're a week and a half in to the NBA playoffs and the only thing we know for sure is that Cleveland and Los Angeles are still the best teams in their conferences. The Cavs put an end to Detroit's six-year run of Eastern Conference championship games with an effortless four-game, first-round sweep. The Lakers needed five games to dispose of Utah, but one bump in the road doesn't diminish their championship aspirations.



Vitaminwater's latest commercial features people taking sides in the "Who's better: Kobe or LeBron?" debate. The answer is clearly Kobe, at least for another year or so, but that's neither here nor there. The real question is, knowing who will be in The Finals, why should you watch the NBA playoffs before June?

There have been incredible games in every series, except for the Cavs-Pistons. The Celtics and Bulls is the best match-up in the playoffs, and last Sunday's 121-118, double-OT Chicago victory was the best game to this point in the postseason. Watching UConn Alums Ray Allen and Ben Gordon trade big shots while Rajon Rondo and Derrick Rose battled at point guard makes up for stink bombs like the Nuggets 121-63 curb-stomping of the Hornets in New Orleans Monday.

It takes a team to win a championship, but great individual performances help along the way. Denver's Chauncey Billups is averaging 28 points, six assists, and four rebounds, and shooting 53 percent from the field (an Xbox-like 73 percent from 3-point range). Boston's Rondo is averaging a triple-double for the series - 23 points, 11 rebounds, and 10 assists, a feat that only five players have accomplished before him. The usual suspects of D-Wade, LeBron, and Kobe, plus young studs Dwight Howard, Tony Parker, and Brandon Roy, are capable of 40 points on any night. These are games you don't want to miss.

Whether you're interested in the mechanics of team play or the individual artistry of the league's best players, the NBA postseason has it all. It feels like another season passes before The Finals are reached, but I prefer games spread out over two months to no games at all. For now, sit back and enjoy the show. The early rounds are the appetizers before Kobe and LeBron bless us with the main course.